

CALIFORNIA STATE BOARD OF HEALTH

Weekly Bulletin



GEORGE E. EBRIGHT, M. D.
PRESIDENT

FRED F. GUNDRUM, M. D.
VICE PRESIDENT

A. J. SCOTT, JR., M. D.

EDWARD F. GLASER, M. D.

ADELAIDE BROWN, M. D.

ROBERT A. PEERS, M. D.

WALTER M. DICKIE, M. D.
SECRETARY AND EXECUTIVE OFFICER

Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912.

Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. IV, No. 40

NOVEMBER 14, 1925.

GUY P. JONES
EDITOR

**Diphtheria Can
Be Controlled.**

Diphtheria is one of the most dangerous of the infectious diseases that occur commonly among children. Unlike most of the other communicable diseases of children, it has no characteristic eruption. It is caused by a germ which generally causes the formation of a grayish-white membrane in the throat or other air passages. Sometimes this membrane grows to be large enough to block the air passage, and the patient virtually chokes to death. Sometimes there is no visible membrane, although the patient may suffer from a severe form of the disease. This is due to the powerful toxins or poisons that are developed by the disease. These poisons work terrific damage on the heart and other organs of the body. This makes diphtheria one of the most devastating of all the communicable diseases. Parents are justified in having a wholesome fear of this disease.

There is no need, however, for any child to suffer from diphtheria. Medical science has now made this one of the most easily preventable of all diseases. Protection, by means of immunization, is available for all children. Parents can provide this safeguard for their children and insure them against contracting this serious disease. Any doctor of medicine can immunize against diphtheria. The procedure is simple, produces no ill effects and is in no way dangerous to the child.

Diphtheria becomes more prevalent

when the weather becomes colder, when children crowd together at home, in school, in the theaters, churches and other places of assembly. With this crowding, diphtheria becomes more prevalent because there is greater opportunity for the transfer of infection from child to child. The wise parent will guard against the risk of having his child contract the disease by giving him the protection that immunization affords. If every child one year of age and over were immunized against diphtheria, it would soon be a vanishing disease.

Every child has a right to be as healthy as human knowledge can make him. There is no better way to help a child than to provide him with adequate protection against contracting diphtheria. The parents' duty in this matter is plain. Promotion of the physical, economic and financial condition is helped by providing this insurance against diphtheria. The community is helped by such procedure, for it provides a factor in making the community a more healthful place in which to live. Diphtheria can be driven from any community by means of this procedure. Some health authorities say that the time is coming when every death from diphtheria will be looked upon as one of criminal negligence upon the part of someone and therefore a case for a coroner's jury to decide upon. At the present time, there is no excuse for failure to take advantage of this protective measure. The wise parent will have his children immunized against diphtheria without delay.

BE WISE—IMMUNIZE.

Orange County Starts Immunization Campaign.

The health officer of Orange County, Dr. V. G. Presson, has begun an active campaign for the immunization of children in that county against diphtheria and smallpox. Following is a copy of the circular letter that Dr. Presson is sending to parents of Orange County children:

WHAT PRICE SICKNESS?

To the Parents:

Isn't it well to pause and consider the price of sickness in YOUR home? Think what it means to you in loss of time and money. Think of the misery and unhappiness it causes, not to mention the sorrow of death.

Does it not behoove you to take every opportunity to further the health and well-being of your child? Preventive medicine should be your aid. Fortunately medical science knows how to absolutely prevent some diseases. Among those are diphtheria, typhoid fever, scarlet fever and smallpox. Isn't it worth your while, from a humanitarian standpoint, to investigate these and protect your child? Diphtheria and smallpox are always present, in varying numbers, in Orange County. For that reason the Orange County Health Department desires to start a campaign to eradicate these two diseases from the county and wishes to have your most earnest cooperation. The most successful way to achieve this ideal is by immunizing the school children. The County Health Department will, in the very near future, have nurses and physicians in your district doing this work. Will you help by having your children immunized? You never know at what time they are liable to come in contact with either or both of these diseases.

We are prepared to do this work absolutely free of charge. In some communities a small charge is made for this service but for the present we have funds on hand to do it free. Our greatest effort, in regard to diphtheria, will be directed toward children from five to ten years of age as that is the group most usually affected in California, but any parent may have any child immunized as long as it is over six months of age. Adults will be immunized also if they desire it. Diphtheria and smallpox clinics will be held at different times so that they will not interfere with each other.

There is absolutely no harm in these vaccines. They are thoroughly sterilized before using and there are no live germs in them. They are put up in salt solution, glycerine, or other harmless materials. They may cause a very slight reaction and make an uncomfortable feeling for twenty-four hours but think how much better this is than for the child to have one of these horrible diseases.

May we then, for the sake of your children and your neighbor's children, count on your help?

V. G. PRESSON, M. D.,
Health Officer,
Orange County, California.



Eleven Lepers Sent to Carville.

Eleven lepers were transported last week from California to the federal leprosarium at Carville, Louisiana. Of these, five are from Los Angeles, two from San Francisco, two from Sacramento, one from Stockton and one from Fresno. Of these patients, eight are men and three are women. Under arrangements recently made with the United States Public Health Service, lepers from California will be transported to the federal institution in May and November of each year.



More Rules for Health.

1. Stand and sit correctly.
2. Sleep eight to nine hours with open windows.
3. Drink six glasses of water each day.
4. Exercise one hour daily; if possible, take up some sport.
5. Eat some green vegetable and fruit each day.
6. Evacuate the bowels daily.
7. Have a hobby which will change your mental outlook.
8. Leave your business worries at the office, and learn to play.
9. Relax when sitting or lying down.
10. Have a yearly physical examination.—*Hygeia*.



There are no short cuts or easy roads to health, and the systems so often blatantly advocated as a means of gaining health usually fail because they are not based on the laws of hygiene. Sufficient sleep and fresh air, wholesome food, and exercise in the open are the means that nature has provided to develop the human animal. If the person is organically sound, these are the only means known to science today.

Keep Carbon Monoxide Gas Outside.

Carbon monoxide poisoning, in many cases, is due to failure to connect gas appliances with vents which lead to the outside air. Running an automobile motor in a closed garage is another common cause of such poisoning. Careless use of cooking stoves, leaky gas tubing, loose gas fixtures and valves and escaping furnace-gas are also responsible for many deaths from carbon monoxide. With the beginning of colder weather there is a tendency to exclude the outside air in order to easily retain heat within the room. Adequate ventilation is absolutely necessary for health, however, and care should be used in securing a good supply of fresh air at all times.

Gas heating equipment that is in bad repair or improperly connected causes most deaths from carbon monoxide. Water heaters and stoves should always be connected to flues or chimneys. All gas burners should be properly adjusted so as to make certain that no unburned gases are escaping into the room. Loose gas keys should be made tight and fixtures should be placed so that they may not be opened accidentally. Gas keys, located at or near the floor line, are often hit while moving furniture, permitting gas to escape. Rubber tubing, even though it may be encased in flexible metal covering, frequently breaks, splits and decays. It is far better to use metal pipe wherever possible. The rubber caps at the ends of sections of rubber tubing are also subject to decay and they may easily be disconnected through accident. These are some of the ways that carbon monoxide poisoning is generally caused. Attention to these appliances at the present time may be the means of life saving during the winter.

Do not sleep in a room in which a gas stove is burning.

Do not bathe in a room while a stove is burning and the doors and windows are closed.

Do not operate any water heater which is not vented to a chimney.

Do not permit gas leaks in your piping or appliances.

Do not use a heater in a room which has no ventilation to outside air.

Do not permit solid tops on cooking ranges or wash boilers to smother flames which are turned too high.

Do not permit open kettles to boil over and thereby extinguish the flames.

Do not continue to breathe air which causes your eyes, throat and nostrils to smart or which gives you a headache or tired feeling.

Attention to these rules may save illness, accident and possible death. Now is the proper time to make adequate safeguard against this easily preventable risk to life and health.



Health is the greatest of all possessions—a whole cobbler is better than a sick king.—Bickerstaff.



Countless physical and mental breakdowns could be prevented if people but realized the great need of securing scientific knowledge regarding the status of their health, instead of attempting to follow some widely advertised system that claims to put them on the road to health, but which is probably without any sort of scientific basis. A yearly physical examination by a physician is a wise expenditure of money and will enable the individual to plan efficiently a work, play, and rest program; the lack of knowledge so discovered may mean overexertion from indulgence in feats of strength or nervous strain unfitted for his or her particular organism.



Rio Vista Employs Public Health Nurse.

A community nurse has been employed recently in Rio Vista, following the appearance of a number of cases of communicable diseases. The appreciation of the need for this service is shown in the following which was printed recently in the *Rio Vista News*:

"During the week an inspector of the California State Board of Health visited Rio Vista. The result of his visit means that the community is to have a nurse—a registered nurse.

It is only fair to state several agencies are responsible for the success of this needed service. The town board of trustees will pay \$50, the local grammar school \$40 and, mind you, the little school at Tolands Landing will contribute \$20. The remaining difference for the monthly salary of the nurse will be paid by the local Red Cross chapter.

For those responsible in achieving this result, we commend their action and foresight, as good health is paramount in any community and prevention, so far as humanly possible, is worth tons of cure.

It behooves all citizens to cooperate with their nurse. Don't hide your ailments. Report them to the proper authority. It is no crime to have a communicable disease. Well and normal people are an asset to a community. Sick ones are a source of distress and a distinct liability."

MORBIDITY.***Diphtheria.**

136 cases of diphtheria have been reported, as follows: Los Angeles 35, Orange County 20, Oakland 11, San Francisco 8, Woodland 7, Los Angeles County 5, Maywood 3, Hermosa 1, San Fernando 3, Alhambra 1, Monterey Park 3, Lynwood 1, Signal Hill 1, Pasadena 1, Richmond 1, Watsonville 1, San Diego 3, Amador County 1, Lodi 1, Stockton 3, Fullerton 2, Santa Ana 4, Bakersfield 2, Fresno 4, Sonoma County 2, Fresno County 2, Fillmore 1, Sacramento 1, Yolo County 2, Berkeley 2, Alameda 2, Healdsburg 1, Livermore 1.

Measles.

12 cases of measles have been reported, as follows: Santa Barbara County 1, Pasadena 1, San Diego 1, Los Angeles 3, Dinuba 1, Piedmont 1, San Luis Obispo County 1, San Mateo 1, San Francisco 2.

Scarlet Fever.

96 cases of scarlet fever have been reported, as follows: Los Angeles 16, San Francisco 12, Stockton 9, Los Angeles County 5, San Mateo 6, Butte County 5, Riverside 1, Alameda County 2, Oakland 4, San Diego 1, Stanislaus County 1, Lompoc 1, Tracy 1, San Joaquin County 4, Lodi 1, Maywood 1, Glendora 1, Santa Ana 3, Ontario 3, Bakersfield 2, Berkeley 2, Orange County 3, Burbank 1, San Jose 2, Fresno County 1, Lakeport 1, Mill Valley 2, Marin County 1, Tulare County 3, Gridley 1.

*From reports received on November 9 and 10 for the week ending November 7.

Smallpox.

30 cases of smallpox have been reported, as follows: Los Angeles 12, Oakland 5, Tulare County 1, Redding 3, Santa Clara County 1, Alameda County 1, Los Angeles County 3, Richmond 1, Orange County 1, Glendora 1, San Francisco 1.

Typhoid Fever.

15 cases typhoid fever have been reported, as follows: Los Angeles County 1, Chico 1, San Joaquin County 1, Merced County 1, San Diego 1, Oakland 2, Orange County 1, San Francisco 1, Tulare County 1, Elsinore 1, Yolo County 1, Alameda County 1, California 2.

Whooping Cough.

58 cases of whooping cough have been reported, as follows: San Diego 17, Plumas County 9, Berkeley 9, San Francisco 5, Merced County 7, Stockton 1, Los Angeles County 3, Eureka 1, Pasadena 1, Los Angeles 1, Oakland 4.

Poliomyelitis.

11 cases of poliomyelitis have been reported, as follows: San Francisco 1, Alameda 1, Santa Barbara County 2, Tulare County 1, Oakland 2, Alameda County 1, Los Angeles 1, Sacramento 1, Plumas County 1.

Epidemic Encephalitis.

2 cases of epidemic encephalitis have been reported as follows: Newman 1, Stockton 1.

Botulism.

Los Angeles County reported 2 cases of botulism.

COMMUNICABLE DISEASE REPORTS.

Disease	1925				1924			
	Week ending			Reports for week ending Nov. 7 received by Nov. 11	Week ending			Reports for week ending Nov. 8 received by Nov. 12
	Oct. 17	Oct. 24	Oct. 31		Oct. 18	Oct. 25	Nov. 1	
Anthrax.....	0	0	1	0	0	0	0	0
Botulism.....	0	0	0	2	0	1	1	0
Chickenpox.....	78	145	130	205	118	132	180	227
Diphtheria.....	118	105	117	136	182	207	148	211
Dysentery (Bacillary).....	1	0	0	1	1	1	0	0
Epidemic Encephalitis.....	1	3	2	2	1	2	3	3
Epidemic Meningitis.....	1	3	0	0	3	2	4	3
Gonorrhoea.....	76	66	144	133	87	77	257	101
Influenza.....	10	17	15	6	38	17	14	15
Leprosy.....	1	0	0	0	1	1	0	0
Malaria.....	4	1	2	2	2	0	1	1
Measles.....	13	15	14	12	13	34	20	27
Mumps.....	118	144	130	159	52	73	54	62
Pneumonia (lobar).....	30	38	33	43	31	31	55	61
Poliomyelitis.....	16	12	4	11	12	9	17	9
Scarlet Fever.....	96	98	72	96	107	115	100	131
Smallpox.....	25	37	32	30	87	70	72	106
Syphilis.....	118	121	142	212	155	103	145	74
Tuberculosis.....	167	167	158	164	65	162	205	132
Typhoid Fever.....	19	15	12	15	20	22	19	27
Whooping Cough.....	73	52	54	58	38	79	82	58
Totals.....	965	1040	1062	1287	1013	1138	1377	1248